

8-day Inca Trail and Machu Picchu (2,430m) trek up to heights of 4,200m

Day 1: Welcome to Peru – Lima

Evening arrival at Lima's airport. Transfer to hotel where we rest and unwind from the flight. All local amenities and facilities are available to us so we can relax and organise ourselves for the next few days of travel and the trek to Machu Picchu.

Accommodation: Overnight stay at hotel.

Meals: Breakfast



Day 2: Lima to Cusco

Early flight departure from Lima to Cusco, the old Inca Capital. The day is your own to either rest or explore the ancient City of Cusco and discover more about how the Incas built their City walls and how over the years the City has changed, but is still central to Peruvian history. In the evening, we meet our Inca Trail guide and have a brief of what to expect over the next few days of trekking.

Overnight stay at 3-star hotel Koricancha.

Meals: Breakfast



Day 3: Cusco/Km82/Wayllabamba

Early morning pick up from hotel and drive towards Ollantaytambo town (2hrs,) where you can buy some coca leaves and have breakfast. We continue to Piskacucho (2,650m) which is a community located on the Km82 of the Cusco Machu Picchu railroad. At this point all hikers must show their original passport in order to enter the Inca Trail towards Machu Picchu. From this point, we hike 12km. We cross the bridge and walk along the left shore of the Urubamba river, following the trail along flat terrain, we reach the little community of Miskay (2,800m) where we have a short break. Continuing to walk up a steep path will lead us onto a high plateau, from where all hikers will be rewarded with an amazing view of an Inca building called Patallacta (2,700m.) After a brief explanation of its history, we carry on along a beautiful valley; we will gradually climb up for about

2hrs until we reach a lovely spot where our cook and porters have set up lunch. After lunch, we walk up hill for about 2hrs till we reach our first camp site at Wayllabamba (3,000m.) En route you will enjoy spectacular views of the Vilcanota ridge on the opposite side of the Urubamba river including the Veronia snow covered mountain(5,832m.)

Accommodation: Overnight stay in tents.

Meals: Breakfast, Lunch Dinner.



Day 4: Wayllabamba/Pacaymayu

After an early wakeup and after breakfast we will start to climb up along a narrow ravine full of vegetation and fresh streams for 9km. On this section, we will experience an uphill climb on a steep path, full of steps, so we advise you to take it slowly. Later, we will reach Lluluchapampa. At this point we will be starting the climb to the highest and most famous mountain pass, the Abra Warmihuañusca (Dead Woman's Pass 4,200m.) It will take about 2 hours to get to the top; and again, we recommend just doing it slowly, without pushing yourself too much. The group will wait for everyone at the top of the Pass. Carry high energy snacks and coca leaves in your day sack, this will help to keep your sugar level high and help to ward off altitude sickness. Once reaching the pass, we will descend winding steps for 4km that cross a narrow valley. The valley is a natural habitat for many kinds of birds such as humming birds and sparrows. The Andean bear, which is also called the Spectacled Bear (*Tremarctus Ornatus*) also lives here. We will have lunch along the way, and afterwards continue to our campsite at Pacaymayo Valley (3,650m) where we will have dinner and sleep.

Accommodation: Overnight in tents.

Meals: Breakfast, Lunch, Dinner.



Day 5: Pacaymayu/Wiñaywayna

Today is the longest day of the trek which will cover 15 km; but also the most impressive and the most interesting day, due to the number of archaeological sites that trekkers can see along the way. We start off following a steep path that will lead us to the Runkurakay pass (3,970m.) Half way up, we will stop to visit the archaeological site of Runkurakay (3,800m.) After going over the pass, we will walk down to Yanacocha and arrive at Sayacmarca (3,624m.) After Sayacmarca, we enter the cloud-forest which undulates until the last climb up that leads us to the third pass; Abra de Phuyupatamarca (3,650m.) From this point the rest of the trail is mostly downhill. We descend steps, and then will see the ruins of Phuyupatamarca. From above, trekkers can observe a sophisticated complex made up of water fountains. The end of the day lead us to Wiñaywayna, where we will spend the night in the camping zone. This will be the night in which we will say good bye to our porters and cook, as the next day they will leave early to take the local train that will take them back to Cusco.

Accommodation: Overnight in tents.

Meals: Breakfast, Lunch, Dinner.



Day 6: Wiñaywayna/Machu Picchu

A 4.00 a.m. wakeup today. Breakfast at 4:30 am, and by 5:00 am, we must be on the trail towards Intipunku (Sun Gate). This will take about an hour of hiking along a narrow trail through the cloud forest. At the Sun Gate visitors, will be able to see the Sunrise over Machu Picchu Mountain (This depends on the time of the year and the climate and also depends at witch campsite you sleep the night before). After taking pictures we will descend to Machu Picchu, where our local guide will give us a full explanation about this wonderful Inca Citadel. The tour will last about 2 hours, and then we will have time to take more pictures, explore by yourself around Machu Picchu or you might climb up the WAYNA PICCHU Mountain, the huge mountain that appears in every classic picture of Machu Picchu. It takes about an hour to get to the top, following very steep stairs, though is a little hard, at the top you will be rewarded with one of the most impressive views in your lifetime. (There is also a limit of spaces per day so it is recommended to buy the entrance ticket in advance) after that we take the bus to the town of Aguascalientes. Famous thermal baths are available to visit. The hot springs are located on the upper section of the village of Aguas Calientes. After lunch, we take the train back to the city of Cusco, where we will arrive after nightfall. Optional group dinner in Cusco.

Accommodation: Overnight 3 star hotel

Meals: Breakfast, Lunch



Day 7: Cusco to Lima

After breakfast, we say goodbye to the old Inca Capital and travel to the airport where we take a flight back to Lima. We then take a connecting flight back to the UK.

Accommodation: 3-star hotel Koricancha

Meals: Breakfast



Day 8: Arrive back in the UK

Included in your trip:

- 6 nights at selected hotels and campsites
- UK experienced Tour Leader throughout the trip
- All Tours & Guides in private/group where mentioned
- All intermediate transfers & Entrance fees
- Inca Trail trekking permit
- All domestic ground transportation

Costs you will need to consider:

- Meals in areas not stated
- Personal purchases whilst in Peru
- Transfer airport taxes if applicable
- Personal travel insurance

Tipping

In this area, tipping is a recognised part of life. Although EDGE Travel Worldwide pays most gratuities for the trip, porters and guides on the trek phase still look to members of the group for reward. Accordingly, you should allow \$100 for tipping. (Please carry low denominations of US Dollar currency.)

Please Note

- Based on 3-star accommodation for the whole itinerary
- All accommodation is based on double rooms (sharing)
- To confirm the trail, it is necessary to have the full data of all clients at the time of booking:
 - o Full name, passport number, expiration date, date of birth and nationality.

Inca Trail

Included:

- Bus to Km 82 (start of the trail).
- Entrance fee to the ruins and the Inca Trail.
- Porters to carry tents and food.
- Cook service.
- Transfers to and from your hotel.
- All applicable taxes.
- Bilingual guide.
- Camping equipment including tents and air mattresses/kit mat/thermarest, (you have to carry these yourself.)
- Kitchen tent and eating tent.
- Medical Assistance.
- Bus ticket down to Aguas Calientes.
- All Meals as indicated in the itinerary. 3 breakfast / 3 lunches / 3 dinners, Vegetarian food available on request.

Not included:

- Personal tent (If not wanting to share a tent.)
- Tips for porters / guide/ Cook.
- Personal travel insurance.

Vaccinations & Protection

Make an appointment with your Doctor to discuss and also gain written confirmation of what is needed by the relevant Consulate of your trip destination. A third source of reference is: www.travelhealthpro.org.uk EDGE Travel Worldwide is not responsible to list or advise; which vaccinations or any other travel medication you may need on your trip. This is your responsibility. Special Note: Visa and vaccination requirements are subject to change and should be confirmed before departure.

Grading and Fitness for the Inca Trail trek

To enjoy any trek such as trekking the Inca Trail, it is essential to be in shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure – in fact as soon as you book – and be aware that short walks on the flat do little to prepare you for the gradients involved on this trek. Running, hill walking and other more active sports are suitable.

Walking Grades and Fitness

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. The following is intended as a general guide to our walking grades. This trip is rated as Grade C

Grade C Walks (Strenuous): are for the more serious hill walker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more in ascent or descent. You should be prepared for several consecutive days walking, often at higher altitudes, so stamina is important.

Altitude

The altitude of the Inca Trail makes the trip most suitable for the more serious walker with previous experience of hill walking. Extreme cases of Acute Mountain Sickness are rare, but if it becomes necessary for someone to abandon the trek in the interests of safety, the Tour Leaders decision on this is final.

Experience: Bearing the above in mind, we ask for a synopsis of recent walking experience from people intending to go on the trip.

Medical Examination: You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 4,200m.

Recommend kit list to bring:

- A backpack with a change of clothes for the whole period of the trek
- Water proofing for the backpack and items in the backpack
- Sock's
- Underwear
- Warm clothing including for head, hands, mouth and neck
- Warm clothing for the evening
- Gore-Tex (or equivalent) jacket and trousers – full waterproofs
- Gaiters
- Walking boots
- Trainers
- Sandals

- Walking poles
- Head torch and batteries
- Camera and batteries
- Sun hat
- Sun block
- Sun lotion
- After-sun lotion
- Insect repellent – minimum recommended 20% DEET – no malaria risk has been reported
- Handkerchiefs
- Toilet paper
- Wet wipes
- Ear plugs
- Eye mask
- Small hand towel
- Hand sanitizer
- Snacks: biscuits, energy bars, chocolate, raw fruits, muesli, seeds, nuts etc.
- Water container and water for the first day. Important notice: disposable water bottles are no longer allowed on the Inca Trail.
- Swimsuit (if you wish to go to the hot springs in Aguas Calientes)
- Cash in soles and/or US\$
- Personal first air kit
- Toiletries
- Essential toiletries for women
- Essential toiletries for men
- Camera
- Diary
- Sleeping bag
- Walking poles

